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The birth of a new royal era

Renaissance. Will, Kate and their son helping to ensure monarchy thrives well into 21st century

A crowd cheered, hundreds of cameras clicked and an image of familial perfection was beamed around the world.

Prince William, his wife, Kate, and their infant son, the Prince of Cambridge, emerged Tuesday from London's St. Mary's Hospital to start a new chapter in their lives — capping a remarkable turnaround for a monarchy that had ended the 20th century at a low point of popularity.

The outpouring of public and official enthusiasm — including artillery salutes, marching bands and landmarks illuminated blue for the royal baby boy — showed that Britain's Royal Family is back in its subjects' affections, especially now that it has an adorable infant heir, third in line to the throne, whose given names

have yet to be announced.

"It's had its ups and downs in public opinion," said veteran royal commentator Dickie Arbiter. "But in the last 20 years it has had more ups than downs."

If the Queen gives the family gravitas, the emergence of a young generation that includes William, his brother, Prince Harry, and the glamor-

ous Kate gives it celebrity.

William's work as a search-and-rescue helicopter pilot, Harry's army service in Afghanistan and Kate's girl-next-door charm have all proved assets. Even seeming faux pas such as Harry's strip-billiards antics in Las Vegas have done little but burnish his popularity.

THE ASSOCIATED PRESS
MORE COVERAGE, PAGE 4

Can you spot the homage?



Both new mom Kate and the late Diana, Princess of Wales, looked lovely in similar polka-dot dresses, which they wore the first time they showed their offspring to the world, 31 years apart. Kate's flowy baby-blue number appears to have been a tribute to Diana, who wore a teal frock the day she and Charles took home a newborn Prince William. Expect to see copycats — preppers, post-baby or not. **METRO**



The Duke and Duchess of Cambridge and their son, who was born Monday, leave the Lindo Wing of St. Mary's Hospital in west London Tuesday. JOHN STILLWELL/THE ASSOCIATED PRESS

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Graham DeLaet

Sask. non-profits get ambassador

PGA golfer and Weyburn native Graham DeLaet has become the first ambassador for a non-profit group of private companies to promote Saskatchewan. DeLaet will sport a golf shirt emblazoned with the ThinkSask.ca logo when he competes at this weekend's RBC Canadian Open. **METRO**

Fatal rental property fire

Saskatoon landlord subject of lawsuit

A lawsuit has been filed against a Saskatoon landlord who is accused of leaving the batteries out of smoke detectors at one of his properties that was the scene of a fatal fire. Five tenants are suing Jack Grover for negligence after the January 2012 blaze at the west-side property that killed

Daniel Shepherdson.

Documents filed in court allege Grover also did not efficiently get rid of garbage and debris from the building.

The tenants also say he did not provide basement tenants with a kitchen, instead giving them hot plates.

They also say they brought forward concerns about the building before the fire happened.

None of the allegations have been proven in court.

THE CANADIAN PRESS/CKOM

Seatbelt ticket tossed

No arms? Move along, sir

A seatbelt ticket given to a Saskatchewan driver with no arms has been tossed out of court.

A lawyer representing Steve Simonar says the Saskatoon prosecutor's office withdrew the \$175 ticket after the province granted Simonar an exemption that allows him to drive without a belt.

The 55-year-old businessman has been driving modified vehicles using his feet since he lost both of his arms in 1985. He has said surprised officers who pulled him over in the past usually let him off with "have a nice day." He was hurt and angry when he was handed him his first ticket in April. Simonar said he used to carry a doctor's note and didn't know the rules had changed requiring him to apply for a medical exemption. **THE CANADIAN PRESS**

River Landing competing for Canada's Great Public Space

Nominations open until Sept. 2. Saskatoon has seen four nominations in last three years



MORGAN MODJESKI
morgan.modjeski@metronews.ca

Saskatoon's River Landing is in the running to be named one of the country's most unique public spaces.

This will be the third year the Canadian Institute of Planners (CIP) has held its Great Places in Canada contest. And, for a second time, River Landing is among locations from across the country hoping to be recognized as Canada's Great Public Space.

Randy Fernets, director of industry development and sports with Tourism Saskatoon, said the nomination would highlight the city of Saskatoon to the rest of the country and beyond — a positive for when trying to attract events to the city.

"A lot of work and thought has gone into the development of River Landing and for us at Tourism Saskatoon, it's an advantage when we go out to bid on conventions, meetings and other events," said Fernets.

Areas will be judged on ...

- Having a memorable or unique character
- Having design or architectural features that are visually interesting
- Meeting different aspects of sustainability
- Reflecting local culture, history and the landscape
- Being accessible by transit

Sarah King, a member of the Association of Professional Community Planners of Saskatchewan and the CIP communications committee, explained the contest has been well received in the past as in 2012; more than 200,000 people voted on nominations.

"It's been extremely successful in the past, and everyone across Canada gets very excited about it," King said. "So it's good for Saskatoon and good for Saskatchewan to have at least one nomination out there."

Saskatoon Mayor Don Atchison said he feels the nomination indicates the city is on the right track with the development of River Landing.



River Landing, located in downtown Saskatoon, is in the running for the title of Great Places in Canada. The riverside destination is one of many public spaces nominated during the third year of the contest. **MORGAN MODJESKI/METRO**

"I really think that it's more of a confirmation that we are

on the right path," said Mayor Atchison.

The contest is divided into three categories: Best street, best neighbourhood and best public space, with both a grand

winner in each category, based on a group of judges and online votes, and three people's choice awards which are selected solely on the number of online votes.

Transit celebrates 100 years with look forward



Branch manager with Saskatoon Public Transit, Bob Howe
MORGAN MODJESKI/METRO

Saskatoon Public Transit is set to celebrate 100 years of service on Wednesday, and, as many look back at its first century, Bob Howe, branch manager with Saskatoon Public Transit, is looking ahead.

As the city revises the public-transit system in conjunction with plans for a Bus Rapid Transit (BRT) system, alongside the integration of an intelligent transit system, Howe said, the next 100 years would be very

different from the last.

"The city is growing by leaps and bounds and Saskatoon Transit is on the front of this growth," Howe said. "We hope by improving the bus system, making it faster, safer and more efficient for our customers, we'll have more people on the bus and less traffic congestion."

Howe said it's exciting to be at the reins of Saskatoon Public Transit during its 100th year, adding that, during his 25 years

with Transit, he's seen the city grow drastically.

"I've seen just how vibrant and what a real pulse the city of Saskatoon has, and that's really picking up," said Howe.

When asked what Saskatoon Transit might look like in July of 2113, he predicted public transit — and the city — would likely be unrecognizable to today's transit rider.

"I think in 100 years from now, we'll definitely have light-

rail transit, I think we'll have bigger venues and our downtown, our River Landing area and our Riversdale area will become more and more beautiful as time goes on," said Howe.

Alongside free public transit across the city to celebrate Transit's 100th anniversary, the city is also holding a community barbecue from 10 a.m. to 2 p.m. on 23rd Street between 3rd and 4th avenues.

MORGAN MODJESKI/METRO

Train safety

Transport Canada toughens rules

Canadian transportation authorities banned one-man crews for trains with dangerous goods Tuesday, responding to calls for tougher regulations after an oil train derailment in Quebec killed

47 people.

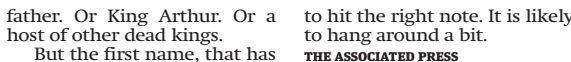
Transport Canada also said trains with dangerous goods will not be allowed to be left unattended on a main track. Hand brakes must be applied to trains left one hour or more.

The tragedy occurred when a runaway train carrying 72 carloads of crude oil derailed. **THE ASSOCIATED PRESS**

national prosperity. Victoria's reign was defined by rapid industrialization with straight-backed Victorian morality. Her son, Edward VII, lent his name to the champagne and cigar period before the First World War in which the rigid class system came under attack.

With so many people to please — inside and outside the palace walls — the House of Windsor is likely to pick more than one name for the boy who was born in London on Monday. After all, his father is Prince William, a.k.a. William Arthur Philip Louis, has four.

There may be a nod to great grandfather Prince Philip, or grandfathers Prince Charles and Michael Middleton. Kate's



*"Number one job site" based on six-month average online job postings for period ending May 31, 2013. Comparison between Workopolis and all other major paid online job boards. Does not include online classified sites or job posting aggregator sites. Statistics provided by WANTED Technologies. © 2013 Workopolis.





I'll take those in yellow, pink and black, please. Economists say a stunning jump in Canadian retail sales in May points to stronger economic growth. KEITH BEATY/TORSTAR NEWS SERVICE FILE

Shopaholics' spending shocks economists

In the mood to splurge. Canadians indulged in some retail therapy, surprising experts and boosting expectations for economic growth

Canadian consumers went on a shopping spree in May, triggering a stunning jump in retail sales that will almost certainly help boost second-quarter economic growth beyond expectations.

The raw numbers surprised economists, who had expected a modest 0.4 per cent bump. Instead, Statistics Canada said the retail sector in May boosted sales five times that, by 1.9 per cent, to \$40.4 billion.

Particularly meaningful for gross domestic product growth, sales in volume terms also expanded by 1.9 per cent, meaning the increase was not related to currency fluctuations.

"It's hard to say what happened. Everything went right,

it seems," said Jimmy Jean, an economist with Desjardins Capital Markets.

"We're probably seeing a little bit of catch-up because since 2011 sales have been almost flat. In the first quarter we had consumer spending rising 0.9 per cent (annualized). It was one of the weakest numbers since the recession."

For the second quarter which began in April, however, retail sales are tacking at an eight per cent clip in volume terms. **THE CANADIAN PRESS**

Law. Companies may face suits for overseas incidents

Three lawsuits against a Canadian mining company over alleged shootings and gang rapes at a Guatemalan project will be allowed to proceed in Canada following a ruling that makes it possible for firms to face liability at home for incidents that occur overseas.

Lawyers for the plaintiffs, 13 Mayan Guatemalans, said the decision is a "wake-up call" for Canadian companies about their responsibilities at

foreign mining projects.

"This step in the case uses existing legal rules that have not been applied in this way before," lawyer Murray Klippenstein said in an interview. "Companies operating abroad, need to take a very, very, serious look at the possibility ... that shenanigans abroad that they thought would never result in liability may result in accountability in Canadian courts."

THE CANADIAN PRESS

Sorry, college kids. Bank of Mom and Dad is closed

Grants and scholarships are taking the lead in paying college bills, surpassing the traditional role parents long have played in helping foot the bills, according to a report from loan giant Sallie Mae.

College costs are driving decisions about which schools to attend, what to study once there and even where to live. While the recession has largely passed, economic worries have not

and many families are making college choices driven by fears of tuition hikes and job losses, according to the survey.

"Parents are willing to stretch themselves," said Sarah Ducich, Sallie Mae's senior vice-president for public policy. "It's not that they're unwilling to pay. It's that their income is not keeping up."

THE ASSOCIATED PRESS

Ongoing tiff

Finance minister enters credit-card fees dispute

The federal finance minister is stepping into a fee dispute between merchants and the big credit card companies after the Competition Tribunal sided with Visa and MasterCard. Jim Flaherty will convene a special meeting of the government's FinPay Committee. **THE CANADIAN PRESS**

Market Minute

 **DOLLAR**
97.23¢ US (+0.56¢)

 **TSX**
12,745.38 (-13)

 **OIL**
\$107.23 US (+0.29¢)

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Dow Jones: 15,567.74 (+22.19)

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SHAMING THE COUCH CRITICS

The way I see it, our culture is separated into two groups: those who do, and those who watch. While most of us would rather be doing even half of the things we're watching, it's much safer to sit on high horses atop ivory towers in glass houses throwing stones and pointing fingers and such. It's like playing a game of truth or dare, only when it's our turn, we pass. How wonderful it is to keep our secrets hidden while watching others exposed, sitting in judgment, silently thanking the heavens that no one video-taped that drunken night in Thailand with the woman you can't be sure really was.

Hence our fascination with reality TV. We've gone from being spectators to a society of shameless voyeurs.

And though I try to be, I am no better. There was never enough alcohol to make me watch Jersey Shore, and every



JUST SAYIN'
Mike Benhaim
Guest columnist

brief foray into an episode of Keeping up with the Kardashians ended with me rocking back and forth in the fetal position praying for Armageddon. But I have watched my share of these shows, and the stench of that shame still lingers.

Even worse is the news. Reality stars sign releases, but when the media gets hold of a real scandal, look out! When it was discovered that Tiger Woods was having extramarital affairs, even the male newscasters sanctimoniously shook their heads in disappointment. Really? Where's Heidi Fleiss when you need her?

Now I don't condone cheating, but most men are barely shocked when a friend bangs the cafeteria lady at the YMCA, let alone a celebrity athlete shagging an exotic swimsuit model. Ladies, there are many respectable men out there, but at least a portion of every day is occupied by fantasies best unshared. Yet when someone acts on them and gets busted on Cheaters,

you can turn to your wife and say, "That's shameful."

And how many of us can sing as well as contestants on The Voice or American Idol? It doesn't stop us from critiquing their choice of arrangement or pitch. The couch is the new judges' bench.

Until recently, viewership has always been about the vicarious thrill of those we could only dream of emulating athletes, superheroes, models or rock stars. Now we spend our time peering into the dysfunction of people whose lives make us feel better about our own. That is, until we discover we've made them rich. Yeah, it's one thing watching strangers pinpoint their child's paternity on Maury Povich, but it's quite another when Honey Boo-Boo moves into the house next door. That's when we collectively unleash that torrent of negative energy that ultimately begs for their failure.

Again, I stand among you, guilty of the very transgressions I denounce. I simply wonder if our collective karma is not better served watching what inspires our highest doing, and affecting change from there. Just sayin'.

Paul Sullivan will return July 31.

ZOOM

It's a ribbiting piece of art



JOHANNES STÖTTER/BNPS/REX FEATURES

Baring it all for a photo shoot

It looks like a colourful tropical tree frog but on closer inspection you can see five human models adorned with body paint posing in dramatic forms so as to appear like a wondrous amphibian. Italian-born artist Johannes Stötter spends up to five months painstakingly planning and perfecting each work.

METRO

Adapting to canvas

Stötter, whose creations won him the World Bodypainting Festival title, said the key to success is to know when to pause and reflect on what to paint.

"If I paint on the model non-stop, I can't tell if the work is good or not. I have to pause and think. This is where the surprising elements of a warm and alive skin-canvas emerge and I see how to adapt the artwork." METRO

Artist's viewpoint



"The biggest challenge is to create the artwork in a beautiful but fast manner. I use people and not a canvas, so I can't spend days on end painting."

Johannes Stötter
Bodypainting artist from South Tyrol, in Italy

Painstaking painting

8

hours is how long Stötter takes to complete each work of art using special breathable paint. Stötter added: "While a canvas painting lasts forever, a bodypainting exists only for a few hours. That makes the work even more special and visually powerful."

Clickbait



HANNAH ZITNER
hannah.zitner@metronews.ca

As cycling season is in full swing, so too is bike-theft season. In an effort to ensure that 'nooooooo' moment, when you realize your bike is gone, never happens, we've looked into digital tools to stash in your pannier to keep your ride safe.



MARCO GOMEZ

Spike Bike

Kind of like Find my iPhone, but for your bike. A small GPS device attaches to your bike (under the seat, behind a water bottle cage or somewhere else discreet) and lets you track your bike through your phone. You can also track your own rides, which you can brag about later to your friends using Spike Bike.

Bikeshepherd.org

Not only can you register your ride on Bike Shepherd, you can also buy tags that can help recover your bike if it does succumb to the lock-cutting

hands of bike thieves. While the tags help you find your stolen bike, they also act kind of like a neighbourhood watch sign, or guard dog to dissuade thieves from pulling the fast one in the first place.

Racklove

Based out of San Francisco ("ground zero for bike thieves"), this bike-loving community is a place where people can not only buy and sell bikes, but also lets you set an alert if your bike matches one that appears on an online ad. While it works in the U.S., they're still building the network up here.

Twitter

@metropicks asked: Should cyclists be ticketed for riding on the sidewalk, or is the road too dangerous?

@fajnamartago: Car hitting a person is much more deadly than a cyclist hitting a person on the sidewalk. For this reason- No ticket.

@BikeBikeYYC: Sidewalk cycling is an indicator that more (any?!) bike infrastructure needs to be built.

@ruebyretro: Yes, with a focus on those who do so with complete disregard for pedestrians including bells & speed.

@BikeBikeYYC: IMO these "sidewalk bikelanes" add to the confusion about where to ride and also create danger for ppl

Follow @metropicks and take part in our daily poll.

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metronews.ca
Wednesday, July 24, 2013

SCENE 07

Analysis



What's old is new with Wolverine



IN
FOCUS
Richard Crouse
scene@metronews.ca

Other than Captain Canuck, Wolverine is the best known superhero to hail from the Great White North.

According to his comic book backstory he was born in 19th century Canada — Northern Alberta to be exact — and served in the First Canadian Parachute Battalion before being recruited by Team X, a CIA black-ops group. When movie fans first encountered the character, however, little was known about him.

At the beginning of the original X-Men movie he was suffering from memory loss and couldn't remember how he became a superhero with retractable bone claws, made of the near indestructible metal alloy adamantium bonded to his skeleton and a healing ability that allows him to quickly recover from virtually any wound, disease or toxin.

This weekend The Wolverine continues the story, although star Hugh Jackman is quick to point out that it is not a sequel.

"With an all-new cast and setting it in Japan, it's going to give us a whole new visual aesthetic," he told Total Film.

With this film, Jackman emerges as the first actor to play a comic book hero in more than four consecutive films since Christopher Reeve as Superman.



Learning to do what you need to do to get done

Interview. Aubrey Plaza talks about how her new film, *The To Do List*, is putting a fresh take on an old theme — people losing their virginity



NED
EHRBAR
Metro World News in Hollywood

For Aubrey Plaza, discussing her new film, *The To Do List*, offers far too many opportunities for oversharing. The '90s-set film follows Brandy (Plaza), a type-A brainiac determined to start college sexually experienced by way of a detailed — if unromantic — list of activities to check off. And Plaza is having trouble keeping her own list to herself.

Considering the sexual frankness of the film, how awkward have the interviews gotten?
People keep trying to trick

Figuring it all out

"That's one of the reasons that I wanted to do the movie, because I'd never really read anything that truthfully explored that time in a girl's life, just a really frank portrayal of a girl figuring out how to do really simple things."

Aubrey Plaza
Talking about her new movie *The To Do List*

me into telling them about my first sexual experiences, and then I almost am like, "Well, when I was ... wait a minute! I don't need to tell you that. That's for my own brain to remember." For some reason this movie kind of makes you think that it makes sense to ask about (this). But no, nothing's been awkward, except for me because I'm always awkward in interviews.

Do you find it weird or insulting that Hollywood always acts so surprised when a female-focused comedy does well?

Yeah, I feel that. I don't know why. There's just as many women as there are

guys, so you would think that it wouldn't be shocking that there's a female audience and that there's people out there interested in seeing female-centric movies.

Do you think *The To Do List* would work in a contemporary setting?

I think there could be a story about a girl going through her firsts, because I think that's just a universal thing that happens, but I don't think this story could be told in 2013 for many different reasons. This movie was set in a time when people didn't Google everything and people weren't figuring

things out online, which I think is the case nowadays. Who knows what teenagers are doing these days. I don't know. I mean, I'm 29 and I feel totally out of touch. Things have changed at such a rapid pace that who knows how people are learning anything or where they're getting their information.

It's great to see a movie taking the awkward teenage sexual experience, which is usually told as a guy's story, and showing the girls' side.

Being frank about sexual things? I know. That's one of the reasons that I wanted to do the movie, because I'd never really read anything that truthfully explored that time in a girl's life, just a really frank portrayal of a girl figuring out how to do really simple things — well, I don't know if they're simple. Just really basic sexual acts. I don't know, everything I say sounds wrong (laughs). Just make me sound better and smarter.

2 SCENE



COME CELEBRATE 100 YEARS

City of Saskatoon Transit Map
Effective July 1, 2012

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transit employee #4, Archie Hallam 1913

Saskatoon Municipal Railway Inspectors 1958

Trolley Bus #178 circa 1970's

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Bus # 706 servicing Route 8 - Wildwood early 1980's

Saskatoon Municipal Railway Motormen circa 1950

Transit staff photo circa 1950's

BBQ Lunch

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MY DOG'S NAME IS BEASLEY!

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Amanda Bynes
having one of those good news weeks



THE WORD
Dorothy Robinson
scene@metronews.ca

I have tried to keep Amanda Bynes out of The Word because she's obviously mentally unstable and her highjinks are more sad and disturbing than amusing. However, this item caught my eye: The former actress is now being hospitalized for setting a fire in the driveway of a stranger's home in Thousand Oaks,



Calif. The cops investigated the former child-star-turned-Gremlin and determined she needed to be hospitalized on a 5150 hold, which

is an involuntary hospitalization that lasts 72 hours.

So this is good news. Maybe she will now get the help she needs because it appears she has other problems.

Bynes has reportedly jeopardized the last important relationship she has left by allegedly stealing from her pot dealer, according to Radar Online.

"Amanda's dealer used her bathroom while he was there and she jacked his weed," a source says of the troubled NYC-based actress.

As a result, the dealer has reportedly dropped Bynes as a client

"He won't go to her anymore," the source says.

So, maybe this is more good news.



Lindsay Lohan.
ALL PHOTOS GETTY IMAGES

Lohan ready to get on with her life post-rehab

Lindsay Lohan is due to end her latest stint in rehab next Monday, and in preparation she's reportedly looking to do away with as many bad influences as she can, according to Radar Online.

"She has not been this good in a long, long time. She's come 180 degrees from where she was. It's amazing," a source says.

"It's very clear to her now who she needs in her life and who she needs to keep out of her life."

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Wednesday.

Countdown to Glasgow 2014

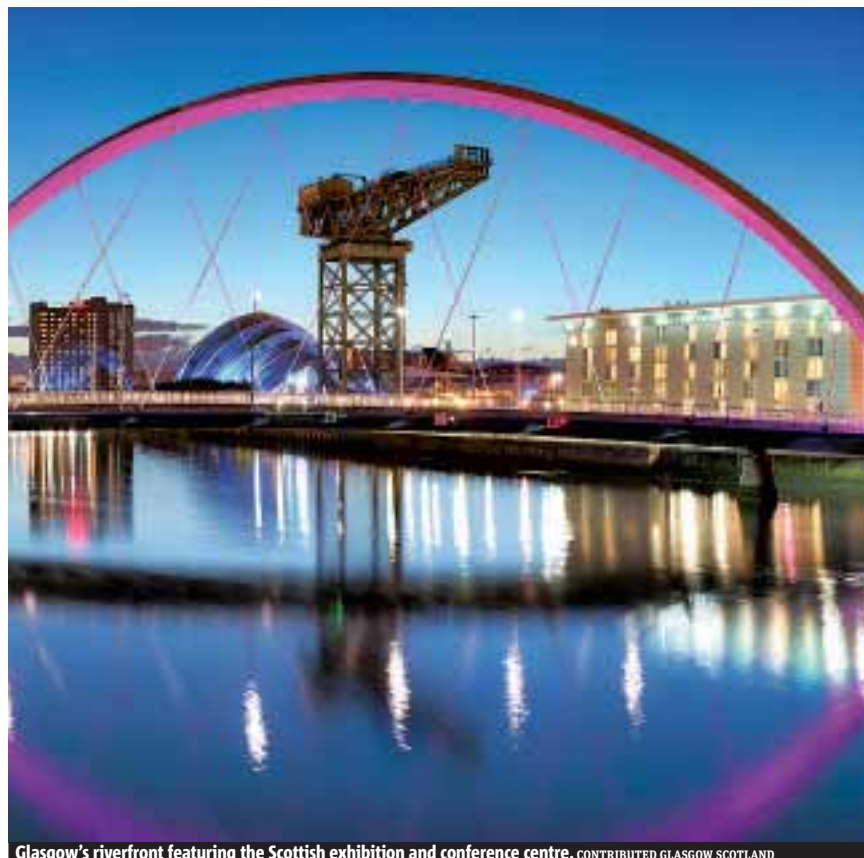
Commonwealth Games. Scotland's largest city gears up to host thousands of elite athletes next summer

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In one year, on July 23, for the first time, Glasgow, Scotland will welcome more than 6,500 athletes and team officials to the 2014 Commonwealth Games. While rival city Edinburgh has hosted twice, the people of Glasgow are excited to put their own unique stamp on this elite athletic competition, which will run until Aug. 3, 2014.

"From the beginning, the Commonwealth Games has not just been about the sport, but the arts, and the community as well," says Kate McCheyne, Public Relations Manager for the games. While the athletes themselves won't descend upon the city until July 2014, the venues which will be used for the events will all have been completed, or refurbished, a full year before the games, allowing the community to enjoy the facilities before and, most importantly, after the games.

This is a sentiment reinforced by John Egan, of GlasgowLife, who is responsible for the management of the Sir Chris Hoy velodrome, where both the cycling and badminton events will be held. "There's a misconception that the velodrome was built just for these games," he said of the facility, which opened in October, 2012, "But



Glasgow's riverfront featuring the Scottish exhibition and conference centre. CONTRIBUTED GLASGOW SCOTLAND

it was built for Glaswegians." Since the doors opened, (as of time of writing) at least 130,000 locals have passed through the doors to take advantage not only of the cycling track, but the state of the art gym (supplied with Technogym equipment, supplier to the Olympics). Sports are an integral part of the city, with an estimated 10,000 jobs in the field.

But it's not just the residents of Glasgow who are embracing the spirit of the games. When the call for vol-

unteers went out, more than 50,000 applied from across the U.K., with only 15,000 to be in the final selection.

Accessibility is also a key theme for the games. One million tickets will be on sale from Aug. 19 to Sept. 16, both online and via paper application, and can be paid for either online, or via cheque or postal order, which is very unusual in today's electronic ticketing world. Tickets will be priced as low as \$23.73, and at half price for children, with "babes in arms" (under

two years) free of charge.

There is very much a youth focus on the games, with half of the athletes under the age of 25. The games mascot, Clyde, was chosen out of a contest open only to children, and out of 4,000 applicants, won by a 12 year-old girl after rounds of blind judging.

The Glasgow 2014 tartan was designed by Aamir Mehmood, an arts student who beat out thousands of entries from more than 300 schools, and the digital media game has proven a hit with

If you go...

- Visit glasgow2014.com for tickets and information. For information on accommodations and on the city of Glasgow and its wide choice of tourist attractions, visit seeglasgow.com.

young fans. And for the first time, the volunteer age has been dropped to 16.

The Games has learned many valuable lessons from their Olympic counterparts, and many team members from the Glasgow Commonwealth Games shadowed their counterparts in London to learn. One of the main complaints about the London Olympics (my own personally, being over there at the time) was that tickets were not readily available, many of them having been given to corporate sponsors.

This frustration was compounded by the fact that sponsors did not utilize the tickets, and scalping or reselling of tickets was heavily enforced, leaving many empty seats in venues. In Glasgow, 70 per cent of tickets for each event are guaranteed to go to the public.

Unlike the Olympics and its Torch Run, which includes many torches, the Queen's Baton Relay of the Commonwealth Games is just one baton, which will have a message inserted in it, to the athletes, from the Queen.

The baton is run person to person across all Commonwealth nations, including a jaunt in Canada scheduled for April 26 (cities to be announced).

Summer

Last minute family fun



ON THE
MOVE
Loren Christie
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Still hoping to squeeze in a vacation with the kids this summer? Consider a quick getaway to some of these classic family fun destinations.

Situated on the Passamaquoddy Bay, St. Andrew's-by-the-Sea, N.B., is an historic town offering numerous ways

to fill your days. Consider going on a whale watching tour, getting suited up in a tailor-made bike kilt and touring the area with Kurt Gumushel's Off Kilter Biking Tours or snack on a lobster roll as you watch the world's highest tides from the patio of a waterside cafe. The landmark Algonquin Hotel has just re-opened its main building and grounds including swimming pool, tennis courts and golf course, after a year of massive renovations.

Blue Mountain resort area near Collingwood, Ont., is a bustling and quaint Tyrolean style village full of shops,

restaurants and attractions. In addition to more traditional pastimes like golfing and mountain hikes, you can go caving in the Scenic Caves, sign up for a Segway tour, ride the Ridge Runner Mountain coaster or take advantage of the resort's newest offering, The Thunderbird Twin Zip; an 800-metre twin zip line that will take you from the top of the escarpment to the valley below.

Banff is promoting more classic offerings like hiking, biking and rafting this summer. Due to the town's location within Banff National



Take in scenery in St. Andrew's-by-the-Sea, N.B. ISTOCK

Park, you can connect with spectacular mountain wilderness. Hikes up Tunnel Mountain, in Johnston Canyon and to the Lake Agnes Teahouse in Lake Louise are suitable for many ages and abilities. Scenic roadways and trails for those who prefer to explore

on two wheels include The Legacy Trail between Banff and Canmore or simply explore the paths along the Bow River. If you prefer to be on the water, I loved the float trip down the Bow River with Banff Rocky Mountain Raft Tours.

3
HOURS

Veggies take centre stage on the grill

Roasted Garlic

1. Heat grill to medium, with one side prepped for indirect heat.

2. Remove outer layer of papery skin from garlic. Slice off top 1/2 inch from pointed top of garlic head. Set garlic, cut side up, on large square of foil. Drizzle with the olive oil, then wrap foil up and over the garlic to form a loose packet.

3. Set garlic over cooler side of the grill and cook 40 minutes, or until the cloves are golden-brown and soft. Remove from the grill and let cool. To remove the cloves, simply squeeze the entire head (or each clove) and the cloves should pop out of their skins. Set aside until ready to make garlic mayo.

Sandwiches

1. Prepare and heat a gas or charcoal grill for high heat, direct grilling.

2. Place red and yellow bell peppers on grill grate and cook, turning frequently, until skin is charred all over, about 5 minutes per side. Use tongs to

Grilled Veggie Sandwich with Roasted Garlic Mayo



This recipe serves six. MATTHEW MEAD/ THE ASSOCIATED PRESS

remove peppers from grill and place in a large bowl. Cover the bowl tightly with plastic wrap. Set aside for 30 minutes. After

30 minutes, the skins should slip easily off the peppers. Slice them open, remove the seeds, then cut into large strips.

3. In bowl, mix vinegar, olive oil, rosemary and a bit each of salt and pepper. Add pepper strips, turning to coat, and set aside to marinate for at least 30 minutes.

4. When ready to grill, return the grill to high heat.

5. Set the mushrooms and zucchini in a large bowl. Pour the marinade off the peppers and onto the zucchini and mushrooms, tossing them lightly to coat well.

6. Grill the mushrooms, grill side up, for 8 to 10 minutes, then flip and grill for another minute, or until completely tender. Grill the zucchini slices for 3 minutes per side.

7. Split rolls in half. Brush the cut sides lightly with oil. Place cut side down on grill for 2 to 3 minutes, or until golden brown.

8. Meanwhile, in a small bowl, mix together the garlic and mayonnaise until smooth. When the rolls are toasted, assemble the sandwiches by spreading both sides with garlic

Ingredients

Roasted garlic

- 1 head garlic
- 2 tsp olive oil

Sandwiches

- 2 each red and yellow bell peppers
- 1/2 cup balsamic vinegar
- 1/4 cup olive oil, plus more for the rolls
- 1 tsp dried rosemary
- Kosher salt and black pepper
- 6 large portobello mushrooms, stems removed
- 1 medium zucchini, cut into 6 long strips
- 6 kaiser or onion rolls
- Head of roasted garlic
- 1/2 cup mayonnaise
- 1 bunch fresh basil, leaves only
- 1/2 lb chunk Parmigiano-Reggiano cheese, thinly sliced with a vegetable peeler

mayonnaise, then layering on the mushrooms, zucchini, peppers, basil leaves and cheese. Season with salt and pepper, if desired. **THE ASSOCIATED PRESS/ELIZABETH KARMEI, AUTHOR OF THREE COOKBOOKS, INCLUDING SOAKED, SLATHERED AND SEASONED.**

Drink of the Week

Mango Basil Lemonade

This exotic and refreshing recipe is perfect for a summer party on the patio.

- 1.5 oz Hennessy V.S
- 1 oz fresh lemon juice
- .5 oz mango purée
- .5 oz simple syrup
- Soda water to top
- Basil leaf and lemon wheel to garnish

Shake all liquid ingredients except soda water and strain into a Collins glass with fresh ice.

Top with soda water and garnish with a basil leaf and a lemon wheel.

RECIPE AND PHOTO COURTESY OF HENNESSY



Give me a break and I'll mind my own business

You can't have one without the other.

Why taking a vacation is just as important as taking that next call

MEGHAN GREAVES
TalentEgg.ca

Did you know that 40 per cent of the Canadian workforce is

feeling the effects of vacation deprivation? And that more than 50 per cent of young Canadian workers are feeling it too (the highest rate for all age categories)? This is just some of what this year's Annual Deprivation study found when surveying Canadian workers from coast to coast.

To find out what's behind these numbers and what career-hatchers can do to prevent themselves from feeling the negative effects of vaca-

tion deprivation, we talked with Beverly Beuermann-King, a health and wellness professional and work-life balance expert who was a key player in the study.

Why work-life balance is important

"Finding work-life balance is especially difficult for students and new grads as they're used to having irregular schedules," Beuermann-King explains. "What do we see most of when



Knowing what you need out of a vacation is key to re-energizing. Whether you need relaxation, fun, adventure, entertainment or leisure, plan your vacation to meet your needs. ISTOCK

is to talk with your employer about their wellness policies. Ask about their thoughts on vacation time and how they make sure employees don't get burned out. Be aware that talking with your employer about their wellness policies is just one step of the process, though. You still need to be making sure that you're eating properly, getting enough rest and being active to keep your body and mind healthy.

Vacation deprivation and new grads

Vacation deprivation is when you're not using all of your vacation time or when you feel as though you don't have enough time off. According to the study, vacation deprivation rates were highest in young Canadian workers.

Beuermann-King believes the younger generation is feeling it the most because we're new to the workforce and haven't accumulated very much time off yet. We also have a very different view of the workplace than older generations.

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First Student

Sun, sand and sanity

Here are just some of the ways that vacation deprivation can negatively affect a new grad personally and professionally:

- Decrease in creativity and productivity
- Becoming short-tempered
- Finding yourself dozing off in the middle of the afternoon
- Drop in drive, passion, enthusiasm and love of your job

life is out of balance or we've been pushing ourselves for too long? More headaches, indigestion, muscle aches and sleep problems."

Though it's possible to keep this pace up for a bit, eventually things start to catch up. These

problems become more chronic and start to take their toll on our systems in the form of diabetes, obesity and depression.

Achieving that balance

One way to achieve a work-life balance, Beuermann-King says,



MLB

Jays collapse in sixth straight loss

Adrian Gonzalez's three-run home run keyed a four-run eighth inning Tuesday as the Los Angeles Dodgers beat the Blue Jays 10-9, sending Toronto to its sixth straight loss.

Andre Ethier also homered in the eighth against Darren Oliver (3-2) and had three RBIs as the Dodgers erased an 8-3 deficit against a tired Toronto bullpen for their fifth win in a row.

THE CANADIAN PRESS

Emile Griffith

Former world champ dead at 75

Emile Griffith, the elegant world champion whose career was overshadowed by the fatal beating he gave Bennie Paret in a 1962 title bout that darkened all of boxing, died Tuesday. He was 75.

Griffith struggled with pugilistic dementia and required full-time care late in life. He was the first boxer from the U.S. Virgin Islands to become world champion and was inducted into the Hall of Fame in 1990.

Griffith knocked out Paret on March 24, 1962, in the 12th round to regain the welterweight title. Paret went into a coma and died from his injuries 10 days later.

Sports Illustrated reported in 2005 that Griffith may have been fuelled by an anti-gay slur directed at him by Paret during the weigh-in. Over the years, Griffith described himself at various times as straight, gay and bisexual.

THE ASSOCIATED PRESS

CFL

Ticats release trio following big loss

Linebacker Markeith Knowlton, the CFL's outstanding defensive player in 2010, was released Tuesday by the Hamilton Tiger-Cats. Also let go were defensive backs James Patrick and Terrance Parks.

The moves come following Hamilton's lopsided 37-0 road loss to the Saskatchewan Roughriders on Sunday. The Ticats (1-3) host Saskatchewan (4-0) at Alumni Stadium in Guelph, Ont., on Saturday.

THE CANADIAN PRESS

Players rub salt on Braun's 'black eye'

MLB. Colleagues not jumping up to defend former NL MVP

Protective no more, baseball players are downright disgusted these days with doping.

Now they are demanding even stiffer suspensions for those caught cheating.

"It's a new generation of athletes that are standing up," Travis Tygart, chief executive of the U.S. Anti-Doping Agency, said Tuesday. "The culture's been flipped on its head."

When Ryan Braun accepted a season-ending 65-game suspension Monday rather than fight Major League Baseball over evidence he used performance-enhancing drugs, fellow players appeared tired of those who cast shadows on the sport.

"They're lying to the fans," Los Angeles Angels pitcher C.J. Wilson said. "They're lying to their teammates. They're lying to their GMs, their owners, and they're going to get caught."

Skip Schumaker of the Los Angeles Dodgers said Braun let him down.

"Watching him talk right now makes me sick," Schumaker said. "I have an autographed Braun jersey in my baseball room that I'll be taking down. I don't want my son identifying what I've worked so hard to get to and work so hard to have — I don't want him comparing Braun to me."

Matt Kemp of the Dodgers, who finished second to Braun in the 2011 NL MVP vote, said the Milwaukee slugger should be stripped of the honour.



A statue of MLB commissioner Bud Selig sits outside Miller Park in front of a banner showing suspended Brewers star Ryan Braun on Tuesday in Milwaukee. MORRY GASH/THE ASSOCIATED PRESS

A-Rod not out of the woods

New York Yankee Alex Rodriguez could face a much harsher penalty, a person familiar with the case said, speaking on condition of anonymity.

- The Yankees anticipate Rodriguez could be accused of using PEDs over multiple seasons, of recruiting other

athletes for the clinic, of attempting to obstruct MLB's investigation, and of not being truthful in the past when discussing his relationship with Dr. Anthony Galea, who pleaded guilty two years ago to a U.S. federal charge of bringing unapproved drugs from Canada into the U.S.

"We had conversations, and I considered him a friend," Kemp said. "I don't think any-

body likes to be lied to, and I feel like a lot of people have felt, betrayed."

One strike, you're out

"In my opinion, he should be suspended — lifetime ban."

L.A. Dodgers outfielder Skip Schumaker, on Ryan Braun.

Yankees manager Joe Girardi said Braun was guilty. "You don't accept a deal unless you're guilty," he said.

"It's another black eye for our game... There's been a lot of scandals over the years, but you get tired of it," Girardi added.

THE ASSOCIATED PRESS

Riders reap rewards of 4-0 start



Darian Durant won offensive player of the week honours on Tuesday. GETTY IMAGES

Quarterback Darian Durant was named the CFL's offensive player of the week after guiding the unbeaten Saskatchewan Roughriders to their fourth straight win.

Durant had 347 yards passing and four TDs in Saskatchewan's lopsided 37-0 home win over Hamilton on Sunday. The victory left the Roughriders (4-0) as the CFL's only unbeaten squad.

Riders linebacker Renaud Williams was named the top defensive player after recording two sacks and three

tackles against Hamilton. Williams, a former Ticat, leads the Riders in sacks with five.

Saskatchewan receiver Rob Bagg captured top Canadian honours. The native of Kingston, Ont., had five catches for 125 yards and two touchdowns versus Hamilton.

Calgary Stampeders kicker Rene Paredes is the top special-teams player for the second straight week. Paredes hit four field goals in a 38-27 win over Montreal and has made 37 straight attempts.

THE CANADIAN PRESS

4 SPORTS



Unconventional yet irresistible

Autopilot. Nissan's DeltaWing exits early but wins more fans at Canadian racing debut



AUTO PILOT
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If you've ever wondered, like I have, what the world's most interesting man might drive if he raced cars, then wonder no more. The answer is Nissan's DeltaWing, the world's most interesting racing car.

DeltaWing made its Canadian racing debut at last weekend's ALMS series stop at Mosport (now officially called Canadian Tire Motorsport Park). As predicted, it immediately became the crowd favourite, from when it first showed up at practice Thursday morning to when it retired early, on lap 15, during Sunday's race. The early retirement, due to low engine oil pressure, was a shame, because the first of its co-drivers,



The DeltaWing's extreme aerodynamics are courtesy of its rocket-like stylings. BOTH PHOTOS RICK DOLE

Andy Meyrick, had DeltaWing running second at the time and looking really good for a strong finish, something that's been hard to come by this season for DeltaWing.

Of course, DeltaWing gets its notoriety from being "not like the others."

DeltaWing looks like a rocket laid sideways — small front, big rear. Most racecars look like they're ready to eat corners. The DeltaWing looks like it would rather not turn, thank you. It looks the way it does because of its unique mission — to win endurance races

by using half the fuel and half the tire material of a "regular" LMP1 class Le Mans racer.

DeltaWing's engineers believe this is possible because they've designed the car to have half the aerodynamic drag and half the weight of a current LMP1 or LMP2 racer (1,000 pounds versus 2,000 pounds). This means DeltaWing can do its racing thing with a smallish engine.

For this year's American Le Mans Series (ALMS) campaign, it's fitted with a turbo-charged four-cylinder 1.9-litre engine producing about 350 horse-

power. By way of contrast, the overall winner of Sunday's race, the Muscle Milk Pickett Racing ARX-03, is powered by a Honda Racing 3.4-litre V8, making close to 600 horsepower.

Pre-practice on Thursday, I asked Andy Meyrick if he ever got used to the sight of the DeltaWing, or does it still freak him out? "It's become normal now, I love it," says Meyrick. "(Co-driver) Katherine (Legge) and I call it our little baby."

You'd think those closely-spaced front tires aren't going to give you much cornering

bite, but you'd be wrong. Meyrick says it's actually a pleasure to drive, mostly because it's so light.

"It changes direction easily, and you don't get the huge weight distribution and subsequent pitch in the car. So (you) just have to get used to how it feels. Very nimble. And with low drag we keep accelerating all the way down the straightaway." Racing DeltaWing is certainly challenging in one regard — it's still a work in progress, and in need of constant development. But Meyrick says the team enjoys the challenge and believes the process ultimately makes the team and the car stronger. It looks different, but Meyrick notes that many of history's greatest racecars have also challenged conventional views — it's what they do.

"DeltaWing really challenges the way we go racing," says Meyrick. So while DeltaWing may now challenge our conception of a go-fast car, who knows how "normal" it might become in the future. Notes Meyrick: "The numbers speak for themselves and the fans love it."

Fix your car by phone? One day, there may be an app for that

Driving force.

Automakers putting safety first as they try to fully merge technology into the driving experience

JILL MCINTOSH
drive@metronews.ca

As people become increasingly connected through their smartphones, automakers are working to ensure that their vehicles are part of the process.

While Bluetooth phone pairing is now commonplace in cars, and some vehicles can access information and applications from drivers' smartphones, there will be much more integration in the future, according to Tim Reuss, president and CEO of

Mercedes-Benz Canada.

"People don't want their virtual lives interrupted when they're in a car," Reuss says. "They expect the seamless experience in the car that they get from their device. But as we figure this out, it all has to be safe, so you're not driving down a German autobahn at 240 km/h while updating your Facebook."

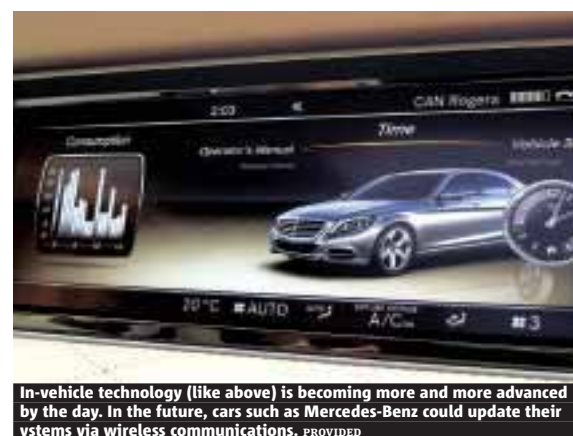
The automaker is working with BlackBerry and other companies to develop connectivity technologies, which could include wireless systems built into the car, or applications that the car accesses through the owner's phone network. The greatest challenge is development time. An entirely new or redesigned car model can take as long as seven years to engineer and develop from start to finish, while new connectivity software could be ready in just months.

In effect, carmakers have

to plan their vehicle designs to accommodate technologies that haven't yet been developed, because current software and devices could be outdated or even obsolete by the time the car is ready for the showroom. "We need interaction with companies like BlackBerry and others to figure this out as we go forward," Reuss says. "There are ways to do it, and not everything needs to be in the car. We need the interface."

In the future, the automaker might be able to contact the car through the system if the customer authorized it, performing such wireless functions as updating the navigation map, advising that maintenance is due, or warning if the kilometres are getting high on a leased vehicle and a new plan should be negotiated.

Beyond that, cars could send diagnostic information to the dealership and



In-vehicle technology (like above) is becoming more and more advanced by the day. In the future, cars such as Mercedes-Benz could update their systems via wireless communications. PROVIDED

have their computers wirelessly "flashed," or updated, to solve minor issues or improve performance. "It isn't just a one-way street," Reuss

says. "It won't happen today, but imagine the vision down the road where these features could happen with the connectivity."

Facts

• **Futuristic.** In Europe, Mercedes-Benz trucks can be equipped with a system that monitors and diagnoses the vehicles and sends the information to the fleet owner or manager.

• **Smart charge.** Electric cars use smartphone applications that

allow owners to remotely check on how much battery power is left, and to start or stop the charging process.

• **Safety first.** Automakers have to consider safety above all, and must develop programs that provide information with minimal driver distraction.

Horoscopes

♈ Aries

March 21 - April 20

Don't reveal too much about what you are planning. Certain things should remain a secret, no matter how much you might want friends to know. Don't clam up completely but be careful what you say.

♉ Taurus

April 21 - May 21

As Venus, planet of love and beauty, is moving through the most dynamic area of your chart, you can be sure that opportunities to be creative and to have fun will come thick and fast. Don't ignore them.

♊ Gemini

May 22 - June 21

Family problems are not nearly as bad as you think. A little more understanding on your part will go a long way towards healing emotional rifts.

♋ Cancer

June 22 - July 23

There is something you need to let go of, something that has become a burden. What that something is only you know for sure but now is the time to get rid of it. You will feel an incredible sense of release.

♌ Leo

July 24 - Aug. 23

Sit back and marvel at all the wonderful things that come your way. Even when you do have to make an effort, helpful activity in the money area of your chart will make it easy for you to turn ideas into cash.

♍ Virgo

Aug. 24 - Sept. 23

You want to indulge, and there is no reason why you should not. Take care you don't indulge to an extent that leaves nothing to yearn for tomorrow. You can have too much.

♎ Libra

Sept. 24 - Oct. 23

If you are happy on the inside you will be happy on the outside, so think only loving, happy thoughts over the next 24 hours. Look on the bright side in everything you do.

♏ Scorpio

Oct. 24 - Nov. 22

If someone offers you something you have been craving, take it. There's no catch involved. They simply want to do something that makes your life more exciting.

♐ Sagittarius

Nov. 23 - Dec. 21

Someone in authority has taken a liking to you and will go out of their way to smooth your path to success. You don't have to do anything special, just carry on doing what you've been doing recently.

♑ Capricorn

Dec. 22 - Jan. 20

You have so much to look forward to, so much to be happy about, so try to be a bit more relaxed. Sometimes you can be a bit too serious, a bit too tense. Lighten up. Life is supposed to be enjoyed.

♒ Aquarius

Jan. 21 - Feb. 19

Good news about your financial situation is not far. So stop worrying about dollars and cents. Money will come to you when you most need it, from sources old and new.

♓ Pisces

Feb. 20 - March 20

You may not want to ask for assistance but you know you must. With Venus now moving through the partnership area of your chart, you will get all the help you need — and then some. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

- Golden sunburst beams
- Commissioner Gordon's force in comics [acronym]
- Green hue
- "I had no __," (Really?)
- Mixture
- S-shaped moulding
- Period of calmness
- Was a bee, used its pain-inflicter
- River of Russia
- M's spelled-out preceder
- Friend: French
- Actress Gail
- TSX company identifiers: 2 wds.
- Problems
- Fuss
- Eating-spot-with-trays, for short
- Eucharist bread plate
- Poet of ancient Greece
- Whoopi Goldberg's Oscar-winning role, __ Mae Brown
- Movie poison
- More concise
- __-Mex (Cuisine style)
- Zodiac creatures
- Bid
- __ Lanka
- Actress Ms. Hudson
- Bigger than big



- Rocky Mountain ledge grazer which is Alberta's provincial mammal: 2 wds.
- Sound system sort
- Midweek day, for short
- Street surfacing
- Psychedelic light, __ lamp
- Eggs: French

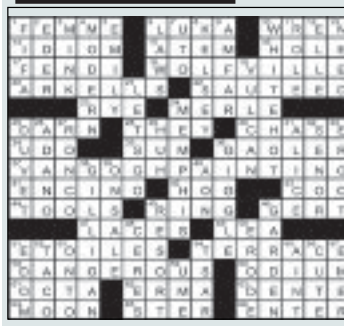
- Fury
- Prayer sign-off
- Egypt's river
- Title-starter of a Shakespeare play
- Grand __, ON
- Pretoria's locale, __-__
- Labouriously makes a living

Down

- Gets to
- Music genre, __ Contemporary
- Joni Mitchell song: "Big __"
- Mr. Mineo
- George Harrison hit: "___ Mind Set on You"
- __-__-fame
- Debit card holder's li'l code
- Well-intentioned sort
- Days: French
- Taj Mahal's site
- Exhausted
- Moray-like
- Back talk
- Canada, __ and Free

- Filmmakers Joel and Ethan, __ Brothers
- T-Bird member in "Grease" (1978)
- Exploding devices
- Mike Myers SNL sketch, "___ with Linda Richman"
- 'Chick' suffix
- Jamie of "M*A*S*H"
- Takes for agents, for short
- Sure-saying sailor
- Moor shrub
- RCD = Royal Canadian __
- Alphabetic sequence
- Scandinavia-set epic tale
- Palm places, puny-ly
- Kraft, Aero or Tide, etc.
- Look up
- Bird of Jove
- The Canadian __ (News agency)
- Concrete chunk
- Gentle
- Balanced
- Shuffled up vowels
- "Norma __" (1979)

Yesterday's Crossword

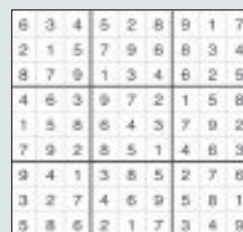


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



Today

22°/11°

Variable

Thursday

21°/10°

Partly cloudy

Know what the weather will be 14 days from now.

Check the 14 day trend.

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POWER[‡]
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Titanium model shown

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3.8L 36MPG

Employee Price Adjustment /// \$620

Delivery Allowance	///	\$250
---------------------------	-----	-------

Total Price Adjustments /// \$870

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WELL EQUIPPED WITH: 160hp 2.0L I-4 Engine /// Air Conditioning
/// Remote Keyless Entry System **AND MUCH MORE.**



Titanium model shown

2013 ESCAPE SE
FWD 1.6L ECOBOOST

6.0L/100km 47MPG HWY**

Total Price Adjustments /// \$2,019

SHARE OUR

SHARE OUR
EMPLOYEE

\$24,880

OR LEASE AN ESCAPE SE AWD 2.0L FOR ONLY **\$700⁺ 0%**

299@0 APR 36 MONTHS
PER MONTH

WITH \$750 DOWN | OFFERS EXCLUDE FREIGHT AND AIR TAX.

WELL EQUIPPED WITH: MyFord® with 4" Colour Display
/// Air Conditioning /// Active Grille Shutters **AND MUCH MORE.**



Platinum model shown

2013 F-150 XLT
SUPER CAB 4X4 5.0L

10.6L/100km 27MPG HWY**

Employee Price Adjustment /// \$4.423

Delivery Allowance /// \$7250

Total Price Adjustments /// \$11,673

SHARE OUR
EMPLOYEE
PRICE

\$27,526*

OR LEASE FOR ONLY **\$335^{*}@ 0.99% APR** FOR 24 MONTHS

WITH \$1,500 DOWN | OFFERS EXCLUDE FREIGHT AND AIR TAX

WELL EQUIPPED WITH: 17" Machined Aluminum Wheels
/// AdvanceTrac® with RSC® /// Trailer Sway Control
AND MUCH MORE.



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